

# How to Get Your Brain to Focus





# How much time do you waste on your phone each day?

1. Check the screen-time on your smartphone!  
>> How many hours do you spend on it daily?
2. Check in with yourself: were you able to stay focused while eating, walking, etc.?

**Your brain might be overstimulated!**

TED Talks :

[https://youtu.be/Hu4Yvq-g7\\_Y?  
si=jaNLd7Bj9InsDG2i](https://youtu.be/Hu4Yvq-g7_Y?si=jaNLd7Bj9InsDG2i)

Speaker : **Chris Bailey**

Title : **How to Get Your Brain to Focus**



# Why I chose this topic

- I find myself using my smartphone all day in an addictive way.
- I feel it's becoming harder to focus on one thing.
- Not using smartphones and focusing on a single task seems to be a common issue for many people.



## VOCABULARY

### symptom

a physical or mental feature which is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient.

### distract

prevent (someone) from concentrating on something.

### stimulate

raise levels of physiological or nervous activity in (the body or any biological system).



## crave

feel a powerful desire for something.



## scatter focus

intentional mind-wandering—letting your mind roam free without any point of focus



## prospective

expected or expecting to be the specified thing in the future.



## consume attention

to use up or take up focus or concentration

## short quiz

**When we wander,**

**we think about the past ( 1 ) %**

**the present ( 2 ) %**

**the future ( 3 ) %**

**when our mind wander ( 4 ) occurs.**



# Let's try!

Try focusing on just one thing and doing only that!

Taking a walk, reading a book, meditating, and so on.

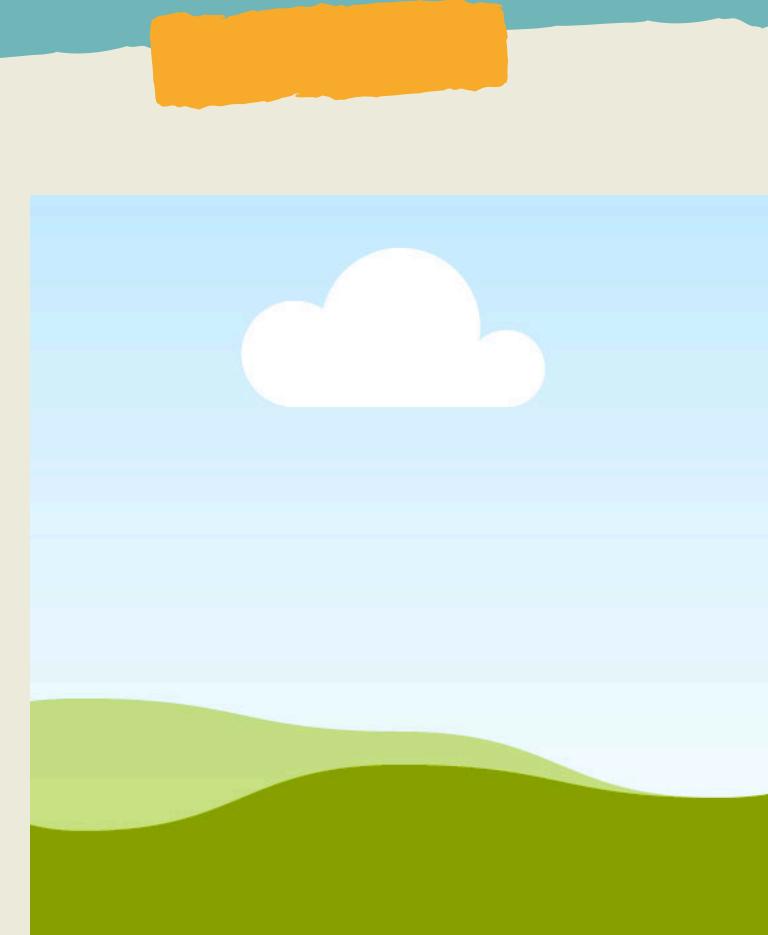


***Let's share what did you feel***



# Discussion Questions

1. When do you come up with ideas the most? When do you find yourself being most creative?
2. How can you create more space for your mind to wander?



# ANSWERS AND KEYS

We are not distracted from focusing;  
rather, we are overstimulated.

We need to reduce the stimulation  
for our brains

answers to the short quiz

1: 12 2: 28 3: 48 4: mind's prospective bias



# The end

I hope you enjoy the TED Talks and learn how we can be more focused in our daily lives and think creatively about our future

